

<div>NUTRITION CARE DIVISION</div> <div>FT CARSON MEDDAC – 1</div>						
SUNDAY 9 Jul 06	MONDAY 10 Jul 06	TUESDAY 11 Jul 06	WEDNESDAY 12 Jul 06	THURSDAY 13 Jul 06	FRIDAY 14 Jul 06	SATURDAY 15 Jul 06
Pancakes	French Toast Turkey Sausage Oatmeal/Grits	Pancakes Fiesta Breakfast Casserole Oatmeal/ Cream of Wheat	French Toast Country Fried Steak Oatmeal/ Grits	Pancakes Grilled Ham Oatmeal/ Cream of Wheat	Waffles Grilled Ham Oatmeal/ Grits	French Toast
<u>BREAKFAST:</u> Fruit♥, juice, hot/cold cereal♥, toast♥, English Muffins♥, bagels♥, biscuits, assorted pastries, scrambled eggs, boiled eggs, eggs to order, omelets to order, hash browns, cream cheese, peanut butter, jelly, bacon, sausage, cream beef <u>LUNCH:</u>						
Soup de Jour Chicken Creole ♥ Country Fried Steak Wild Rice Pilaf Mashed Potatoes ♥ Cream Gravy Green Beans ♥ Corn	Soup de Jour Braised Pork Chop ♥ Swiss Steak Fried Chicken Steamed Rice ♥ Rissoli Potato Mushroom Gravy Broccoli ♥ Fried Cabbage Dinner Rolls Soup in Bread Bowl Taco & Nacho Bar <i>Southwestern Chicken Salad</i>	Chicken Noodle Soup Soup de Jour French Dip Sandwich w/ Au Jus Glazed Cornish Hen ♥ Grilled Liver and Onions Rice Pilaf Mashed Potatoes ♥ Capri Blend Spinach ♥ Hot Rolls ♥ Hot Wings/Chicken Strips Potato Bar <i>Crispy BLT Chicken Salad</i>	Chicken Tortilla Soup Soup de Jour Chicken Enchilada Steak Fajitas Roasted Chicken w/ Raisin & Almonds♥ Spanish Rice ♥ Buttered Egg Noodles Broccoli ♥ Mexican Corn Pasta Bar <i>Oriental Chicken Salad</i>	Chicken Dumpling Soup Soup de Jour Roast Turkey ♥ Turkey Gravy Lasagna Vegetarian Lasagna Mashed Potatoes ♥ Bread Dressing Vegetable Medley ♥ Peas Garlic Bread Cranberry Sauce Asian Bar - <i>NEW</i> <i>Spinach Chicken Salad</i>	Clam Chowder Soup de Jour Baked Fish ♥ Fried Catfish Jambalaya Macaroni & Cheese Rice Pilaf♥ Green Beans ♥ Okra & Tomatoes Cornbread Seafood Bar <i>Chef Salad</i>	Soup de Jour Baked Chicken ♥ Hungarian Goulash Chicken Gravy Parsley Rice ♥ Buttered Noodles Carrot Coins ♥ Rancho Fiesta Blend Veggies Dinner Rolls ♥
<u>LUNCH :</u> Salad Bar <i>Weekdays Short Order:</i> Hamburgers, Cheeseburgers, Hot Dogs, Chili Dogs, Grilled Cheese, Grilled Ham and Cheese, Philly Steak Sandwich, Pizza, BLT, Boca Burgers♥, Grilled Chicken Sandwich♥, French Fries, Assorted Chips, and Bread, Fruit♥, Ice Cream Novelties, Cakes, Pies and Cookies. <i>Weekends & Dinner Meal Short Order:</i> Hamburgers, Cheeseburgers, Grilled Cheese, Grilled Ham and Cheese, Grilled Chicken Sandwich♥ and French Fries, Cakes, Pies, and Cookies <u>DINNER:</u>						
“MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF MENU ITEMS.”						
Soup de Jour Lemon Pepper Chix ♥ Mashed Potatoes ♥ Mixed Vegetables Spinach ♥	Soup de Jour Baked Fish♥ Parsley Potatoes Summer Squash ♥	Soup de Jour Roast Turkey Bread Dressing Mashed Potatoes ♥ Turkey Gravy Vegetable Medley ♥ Cranberry Sauce	Soup de Jour Pot Roast Baked Potato ♥ Vegetable Gravy Green Beans ♥	Soup de Jour Honey Baked Chicken ♥ Parsley Red Potatoes Carrots ♥	Soup de Jour Cornish Hen ♥ Wild Rice ♥ Brussel Sprouts ♥	Soup de Jour Baked Stuffed Pork Chop ♥ Mashed Potatoes ♥ Zucchini ♥ Garlic Toast
<div> <div> <div>HOURS:</div> <div> <div>BREAKFAST :</div> <div> <div>Weekdays:</div> <div>0600-0830</div> </div> <div>Weekends/Holidays</div> <div>0630-0800</div> </div> </div> <div> <div>LUNCH:</div> <div> <div>Weekdays:</div> <div>Full Menu</div> <div>1100-1300</div> </div> <div>Self Service/ Short Order</div> <div>1300-1400</div> <div>Weekends:</div> <div>1130 – 1300</div> </div> <div> <div>DINNER:</div> <div>Full Menu 1600-1730</div> </div> </div>						

♥ Denotes Heart Healthy Selection, Heart Healthy Meal includes entrée, starch, vegetable, bread, and fruit, and is less than 500 calories and 17g fat (30% fat)

MELANIE J. CRAIG, LTC, SP, Chief, Nutrition Care Division